December 4, 2020
Issue #32

Author
Diana Burney

The Crazy Wisdom Weekly

shining a light in the dark

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

Photo by Karolina Badzmierowaska Unsplash

The Crazy Wisdom Weekly

Listen to the interview with Crazy Wisdom's co-owner, Bill Zirinsky, on Art & Soul with Lisa Barry.

[Art & Soul: Well Being - Crazy Wisdom Bookstore Is Oasis For People Searching In Their Lives]

The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

Table of Contents

Word of the Week .....page 4

The Pandemic's "She-cession".....page 5
By Lisa Klionsky

The Quiet Season
by Joshua B. Kay..... page 6

5 Questions for Author,
Diana Burney.....page 8

Vestergaard Farms: Pasture-Raised Local Meats and Local Foods.....page 10

What Do You Live For? Informing our Response to Turbulent Times
By Kate Durda.....page 12

Crazy Wisdom Book Pick of the Week.....page 14
By Sarah Newland

Crystal of the Week: Sweet Selenite
By Tatiana Scavnicky.....page 15

The Crazy Wisdom Weekly Calendar.....page 16

A Final Thought.....page 18

Crazy Wisdom Bookstore is open!
Monday - Saturday 11 - 7
Sunday 12 - 5
734.665.2757
crazywisdom.net
We are social distancing, wearing masks, and limiting the number of people in the store
CRAZY WISDOM
bookstore & tearoom
Midnight Madness
Fridays in December
MAIN STREET
Ann Arbor
Three Midnight Madness Fridays!
December 4, 11, and 18
Visit shopcrazywisdom.com on these Fridays and Receive $10 off an online order of $25 or more, free shipping!
Online special only
Not valid for in-store shopping
WILD MAGIC
DANU FOREST
Wild Magic: Celtic Folk Traditions for the Solitary Practitioner
By Danu Forest
List Price: $19.99
Our Price: $15.99
An Immersive Guide to Celtic Magic and the Wild Wisdom of Your Heart

No part of this publication may be reproduced for any reason without the express written approval of the publisher. There is a token fee charged if you would like to use an article in this publication on your website. Please contact us first. Articles from back issues will be available on our website's archive.

Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

Copyright © Crazy Wisdom, Inc., December 4, 2020.

Thank you to our contributors for this issue:

Lisa Klionsky
Kate Durda
Joshua B. Kay
Diana Burney
Tatiana Scavnicky
Angela Madaras
Amelia Hatcher-Kay
Carol Karr
Jennifer Carson
Bill Zirinsky

Word of the Week:

Yulestarn

A noticeably bright star in the sky appearing on Christmas night.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

The pandemic's "she-cession"

Lisa Klionsky

As the pandemic persists—and lately, surges dramatically—the economic effect on women's working lives is significant, in Michigan and in the United States as a whole.

Across the country, as K-12 schools resumed this fall, 865,000 women dropped out of the workforce – four times the rate of men, the U.S. Department of Labor reported. As the pandemic has lingered, thousands of women have lost their restaurant and hotel jobs.

In an economic trend known as "she-cession," the labor department noted a reduction of 2.2 million women in the workforce from January 2020.

The she-cession affects women in two primary ways:

1. Many women are finding it tough to manage work and child care demands from home and consequently leave the workforce.

2. Women who have lost jobs to the pandemic economic downturn often have a hard time finding new employment.

Both situations are deeply unsettling, especially as federal pandemic financial support flounders.

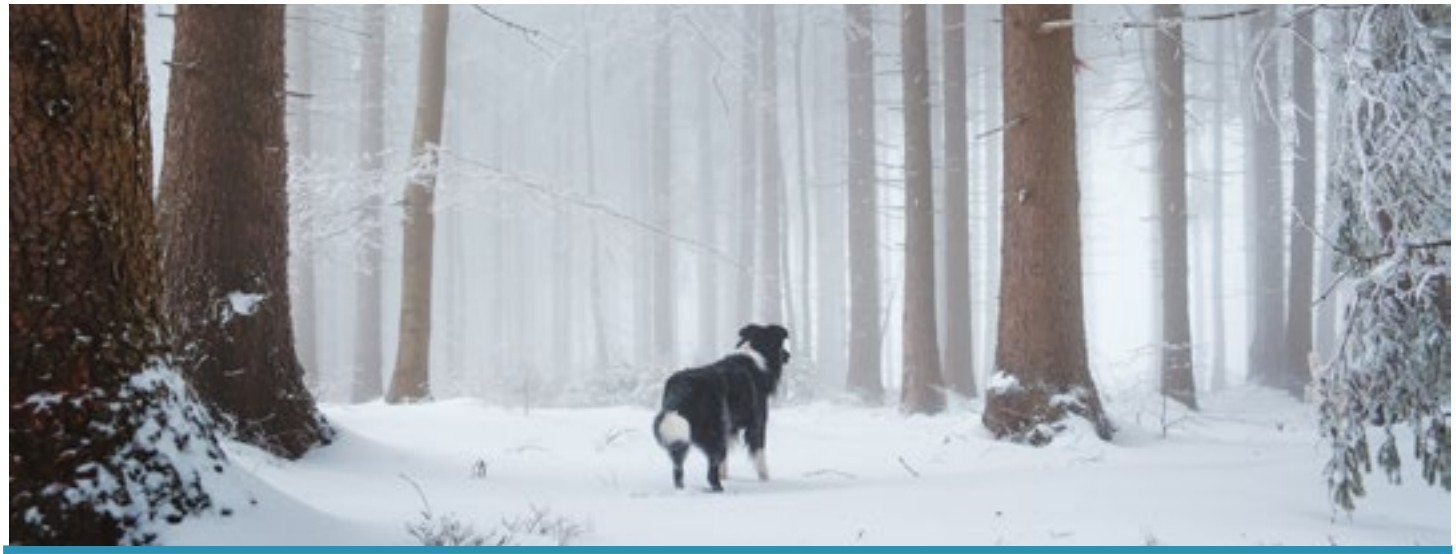
For those women in southeastern Michigan who are looking for work that may be compatible with child-care responsibilities and for those seeking to replace jobs they've lost to furlough or layoff, consider the following:

- Jobs are out there, part-time and full-time, in Washtenaw County and beyond as the employment picture gradually improves. The state reported on Nov. 18 that the unemployment rate last month dropped to 5.5% — the lowest since March, yet still considerably higher than the 4.1% rate a year ago.

- As was also true pre-pandemic, online interview-related scams proliferate. Online companies offer to help with your resume and record a mock interview with you. While some may be legitimate, it's virtually impossible to know exactly how your personal information will be used. Given how much information is revealed during a typical interview, you may want to think of other ways to practice for your interviews.

- Employers expect well-crafted resumes and cover letters as well as top-notch interview skills. Interviews are often conducted via Zoom, which for many, is yet another skill to learn or improve on. Another change is that often times now, prospective employees don't even visit the work site in the hiring process.

If you, or someone you know, needs help with virtually any aspect of finding a job, contact The Women's Center at (734) 973-6779 to make an appointment. To learn more about the Women's Center and it's services, visit them online at womenscentersemi.org.



The Quiet Season

By Joshua B. Kay

With a decisive “click,” the storm windows lock into place, and the quiet season begins. The sounds outside fall distant, muffled until mid-spring. The days are cool, the nights dip toward freezing, and the easy, outdoorsy time of summer and early autumn has passed. The leaves have turned. Snow will come soon. When it does, my children will gush with excitement, especially my daughter, who has proclaimed winter her favorite season. Standing with them at the window to watch the early snowfall, my wife and I will join in their anticipation, though ours will be tinged with sobering thoughts of the grey skies that will predominate for months and the challenges of coping with cold, snow, and ice.

I grew up in Los Angeles, with its stunted seasons. The stable climate made most days as indistinct as the horizon behind the usual, shimmering haze. The weather was generally dry and mild, and the smoggy, blue-grey sky stretched over the green Pacific. Sometimes cool, clear air flowed in and broke the pattern, and the San Gabriel Mountains stood sharp and tall northeast of the city. Those crisp days felt as if they were borrowed from some other place, like I had experienced on trips to the Sierras and visits to my parents’ native Chicago. On those days, Los Angeles felt to me like a city where colored leaves could mark the autumn, and the fresh green of spring might slowly reveal itself after a long winter. But such days were the exceptions that proved the rule. I grew up in a place where the grass required mowing year-round, and there was no need for storm windows.

When I moved for college to the Great Lakes region, I was shocked by the suddenness with which lovely fall weather could swing into a harsh preview of winter. Sometimes, I am still surprised. Often, by Halloween, a few cold, damp, blustery days have sent snowflakes or ice pelting sideways to sting our faces, and we tuck our chins deep into our collars. Wind and hard rains hammer the leaves out of the trees. Soon, lawns and walks and streets are slick with glistening mats that we dutifully scrape up with rakes loosed from their summer storage places. My wife and I rummage among the gloves and hats stashed in a bin and set them out for the season on top of what we call the “shoe shelf” in the front hall. Boots come up from the basement, and sandals are sent down.

When cold temperatures come to stay, all becomes quiet. In the morning, the roof shingles wink in the sun under a frosting of silver crystals. During the day, there is no buzz of cicadas or low hum of bumblebees on their rounds. At night, there is no high, whistling chirp of insects, no soft, breathy whir of a lightning bug near my ear. Instead, bare branches rasp and creak, so different from the whooshing rustle of colorful leaves leaping in the wind just a few weeks earlier. Throughout the neighborhood, only tree bones reach up into the cold sky. Snow flurries and showers whiten the landscape and challenge drivers. When I venture out on a walk, I usually have the street to myself, enveloped by the quiet of the season.

The winter solstice looms out of the lengthening darkness. If the snow is thick enough, it sucks into silence whatever sound might otherwise have echoed down the block. Even the crunching of my boots seems to travel a shorter distance than usual. House

lights glow through closed windows that seal any noise within. Inside, the fire burns with a rushing, wind-like sound, like a gale through the eaves. Cars whisper past. Our lives settle into an indoor rhythm. The dog, burly and bear-like in his winter coat, spends more of his time curled up and snoozing. Flannel sheets go on the bed. Even they are quieter than the cool, rustling linens of summer. Soup burbles on the stove. The furnace roars out its hot breath for a while and then quiets again. We push against the cold with hot cups of tea or cocoa. The din of the traffic on the big cross street a couple of blocks away, which passes easily through summer windows, cannot penetrate the storm glass.

When a major snowstorm hits, evergreen boughs bend under the weight. On the side streets, people await the city plows, hoping that they will come sooner this time. Snow blowers burst into action, the racket of their small engines evocative of the lawnmowers of summer, and then fall silent again. Our snow shovel grates against buried concrete as we clear the sidewalk. Large piles of shoveled snow appear next to driveways like gateposts and soon turn grey with the salty, dirty spray from the plows. Looking at where our flowerbeds flourished only a few months earlier, I think about the sleeping plants buried deep beneath the snow. It will be a long time before the first buds of spring start to swell.

Embracing the possibilities that the snowfall offers, we join our neighbors for cross-country skiing in Huron Meadows Metropark on a chilly afternoon. Or our family tromps over to the big sledding hill at Slauson School. We ride double or even triple on our long sleds, the added weight speeding us down the steep slope. Against the quiet of the season, we bellow our joy and a touch of thrilled fear as we race to the bottom. We laugh like crazy at the end of the ride, often a crash that leaves us tumbled and jumbled in a happy pile of snowy bodies. The children want to hit the run where other kids have created a jump. They invite us to do it, too, but my wife and I demur and leave that one to their younger joints and bones. As we watch them rocket down and launch gleefully into the air, it occurs to me that much of the pleasure of parenthood comes in watching my children dare to do what they would not just a few years ago. Back at home, the children build snow forts and dig tunnels in the front yard. Later, we'll make more tea and cocoa, wrap cold hands around our mugs, and blow the steam away in wisps until we can take our first, tentative sips.

Read the rest of the essay online at crazywisdomjournal.com

Castle Remedies
Serving Michigan Since 1984

Your source for:

- Homeopathic Remedies
- Quality Nutritional Supplements
- Herbs & Essential Oils
- Flower Essences
- Unique Gifts & Jewelry

Shipping and contactless pick up options available.

Ann Arbor, MI • (734) 973-8990 • www.CastleRemedies.com

5 questions for author Diana Burney

When did you realize that you were a storyteller?

I had a wonderful high school English teacher that told me that I was a good writer, which encouraged me to have confidence in my college and graduate degree academic papers. My skills were that I could take complicated information and simplify it so others could grasp the concepts easier.

What is it that you love about books/stories?

My childhood was very dysfunctional, so books became my escape. In elementary school, I won awards from the library every summer for reading the most books. Books are still my friends and I have difficulty parting with them.

What inspired you to write your books?

All three of my books were written due to the urgings of my clients and my students who wanted reference information to assist them with spiritual empowerment. My last book was prompted by a plethora of mothers who were seeking techniques to protect and assist their sensitive and empathetic children. It is also one of the few books for performing remote energy clearings for others.

What was one of the most surprising things you learned while writing this book?

It has been extremely rewarding to receive the positive book reviews posted online, as well as the many readers who have reached out to me to tell me how much the contents of my book have changed their lives and empowered them.

As a child, what did you dream of becoming when you grew up?

At the age of five, I declared that I wanted to become a nurse. Fifty years later, I still hold a current license as a registered nurse and am employed at a local hospital.

Diana Burney has lived in Ann Arbor since 2005. She is a registered nurse and developed the Earth Release process and has been teaching it for over 27 years. You can find out more about Diana, her clearing process, and her books on her website, www.earthrelease.com.

Find Diana's books at shopcrazywisdom.com

Belong! Explore! Become!

Find Your Way at The Institute!

Inspire a world of health! Your diploma in Massage Therapy, Natural Health, or Holistic Doula is here.

Call Now to Find Out More!

NITE
NATUROPATHIC INSTITUTE OF THERAPIES & EDUCATION

(989) 773-1714 ~ Mount Pleasant, MI
contact@naturopathicinstitute.org
www.naturopathicinstitute.org

Naturopathy
(each year 600 hours)

Natural Health Educator.....1st Year
Natural Health Therapist.....2nd Year
Natural Health Practitioner.....3rd Year
Certified Naturopath.....4th Year

4th Year graduates are eligible for Doctor of Naturopathy National Test & Title

Massage Therapy
Therapeutic Bodywork Practitioner...1 Year

Holistic Doula Practitioner
Certificate Course.....3 Classes
Diploma Course.....7 Months

All Classes Meet on Weekends
Fri: 5-9pm and Sat & Sun: 9am-6pm
Naturopaths: 1 per month - Massage: 2 per month

Individual Classes:
Herbology - Aromatherapy - Nutrition
Live Food Preparation - Light Healing Touch
Reflexology - Homeopathy & Much More

Over 25 Years of Experience ~ Licensed and Accredited

Vestergaard Farms: Pasture-Raised Local Meats and Local Foods

By Angela Madaras

This past winter I was eager to visit the newly built storefront of Vestergaard Farm, attractively situated on the farm property. Along with their farm raised meat, the store offers other goods from Matty's Bakery in Saline, Zingerman's coffee and treats, Calder Dairy products, The Brinery products, Aldente Pasta, Amaizin Pop Popcorn, honey, bath products, maple syrup, eggs, and many other locally sourced items. The owner, Mike Vestergaard, and technical-marketing expert Sidd Vemuri, will be adding products slowly, as well as farm tours (when it is deemed safe), possibly ice cream, and eventually a fresh meat counter-butchery as time and funds allow.

Even before the pandemic they were wanting to take one step at a time, and I respect that, as so many enter farming and retail with little understanding of financial reality. Their vision is still to be a "destination" spot for locals and tourists of all ages to walk around the farm, visit the animals, sip on complimentary coffee, and purchase locally sourced foods.

They also make it a priority to educate as to why their chicken, for example, might cost more than production raised chickens from the grocery store, and why Belted Galloway cows can pasture in Michigan winter and taste wonderful. People generally come back for more after eating their meat and understanding how well the animals are treated, and how expensive yet valuable regenerative-ethical farming can be. Sustainable land management takes the soil, water, animals, and people's welfare into account for future generations. The land sits on the Greenbelt which will keep it in agriculture for many years ahead. Vestergaard bought the historic farm in 2010 from Erwin Frederick and added the newly constructed USDA (United States Department of Agriculture) approved store. Only USDA approved meat can be sold here. The processors providing butcher services must be USDA approved as well.

I sat with farmer Mike Vestergaard (a Danish born farmer with a bachelor's degree in Dairy Farm management from Ladelund Landbrugsskole), and Sidd Vemuri at a cozy table in the store as customers walked in and out with curious questions and happy faces. One man just dropped by for his regular cup

of complimentary Zingerman's coffee. I asked if this was okay with them, and they responded favorably, because they want to be good neighbors while providing a place for community members to utilize, even if they are just grabbing a quick cup of free java. One of Vestergaard's sons was running the shop while being extremely helpful, knowledgeable, and eager to educate the customers about the farm and the products they sell. Both sons farm and work in the store, as well as attend college. I could see the hard work ethic this family shares, along with great energy and sincere smiles.

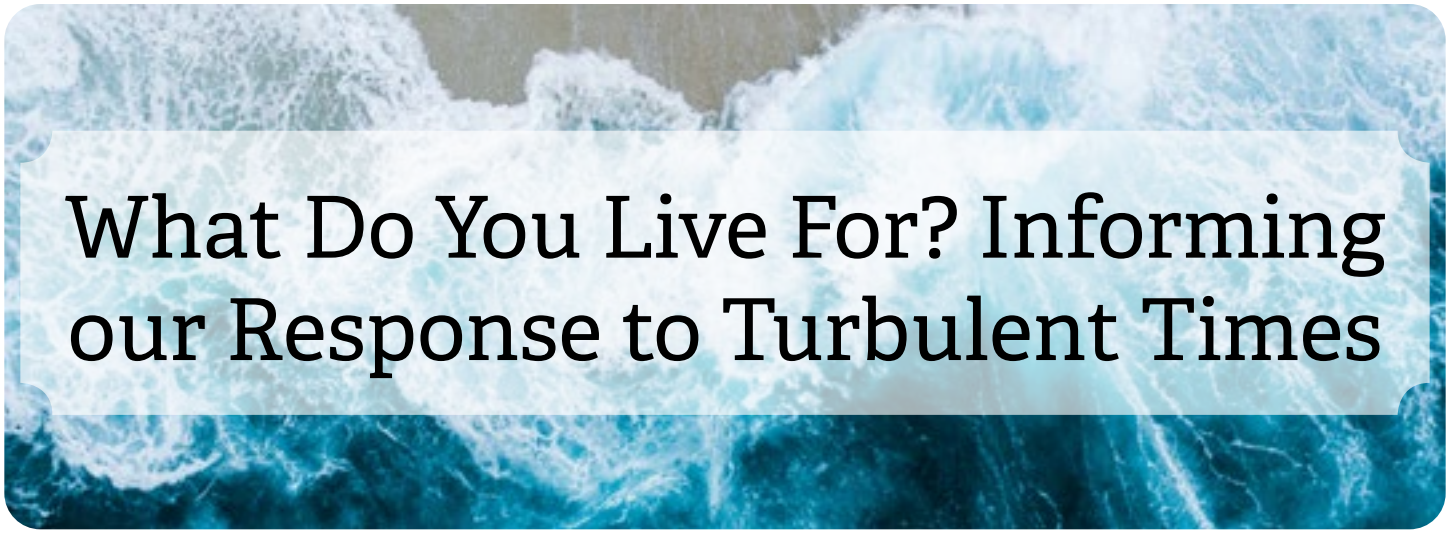
Vestergaard and Vemuri gave me valuable information, and offered inspirational ethical values about farming, livestock, place, process, and people. Vemuri showed off the photos hanging on the store's walls: Vestergaard's self-designed chicken hoop house "tractor", and their animals in vibrant, healthy pastures. Vemuri also explained his technical assets in setting up computer systems for the retail end of the business, sourcing products, marketing, and web management. Aspects of running a business that Vestergaard does not have the time to handle. I meet many farmers, but few with the passion and determination that Vestergaard displayed. You can tour the farm and meet some of their rare and heritage breed cows, pigs, and chickens during the warm weather.

According to Vestergaard Farm's website, animal welfare is priority number one. Properly and carefully managing the land for future generations is second. Being financially viable is third, but extremely important for farmers, animals, our community, and those who will inherit the farm and the land around it. Pasture-based farming is an animal centered production model that incorporates the well-being of the animals, the land, and wildlife. Grazing on pasture fulfills the natural behavioral instincts of our farm animals. They enjoy better health with an appropriate diet and live in a low-stress environment. On pasture, they are healthier and happier which means less stress hormones in their meat. Stress hormones can take away the enjoyable flavor that naturally exists in free ranging livestock.

Pasture-based farming using rotational grazing methods restores natural ecosystems and wildlife habitat, reduces man's reliance on chemicals to make artificial fertilizers derived from fossil fuels, improves the soil, and reduces harmful greenhouse gases.
Small family farms provide jobs and strong economies in communities; creating sustainable businesses for succeeding generations.

Visit Vestergaard Farms at 4408 S. Wagner Rd. Ann Arbor, Michigan 48103 or online at vestergaardfarms.com, or give them a call at (734) 929-2875. The farm is taking orders by phone and offering curbside delivery.

READ MORE ARTICLES FROM THE CRAZY WISDOM COMMUNITY JOURNAL, ISSUE #75 ONLINE!



What Do You Live For? Informing our Response to Turbulent Times

By Kate Durda, M.A.

We live in turbulent times, yes, but human history has been full of crises, natural and man-made. What is important, what makes or breaks us, is how we respond to life's challenges as well as its gifts. Maya Angelou wrote, "You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it." All we can do is try to meet that challenge with power and presence, becoming bigger through our response, and perhaps even do something positive in response.

There is no guarantee that we will come out of a crisis unscathed. Such events sap our very life force, making it difficult to move on. How many of you know of someone (or were such a one) who couldn't stop crying, or stayed in bed for days, paralyzed, or who seemed to become totally numb in response to some event (for example: 9-11, the 2016 presidential election, or one of the many recent mass shootings)? Unfortunately, tragedy and disaster can lead to despair, depression, passive acceptance of reality, hopelessness, or other expressions of "checking out" of life.

Visit Betsy online for more information.
Visit Betsy online for more information.

Grief is a healthy, natural, and necessary response to such events. It is important to express our emotions so that we can experience their lessons, benefit from the healing inherent in them, and then move forward with our lives. Beyond being hurt, we may respond with anger, outrage, and lay blame, judge, and even hate those whom we see as responsible. However, when our reactions to events deepen into clinical depression, suicidal despair, attitudes of separation (us vs. them), or deep hatred, we've given those emotions too much power. We may need support or help from friends and family, or even professional help, if we are to recover and heal.

The emotional responses above collectively might be considered as reactive (used here in the sense that we experience them passively, as in being the recipients of actions done to us, personally, or collectively).

However, we may also respond pro-actively with acts that reflect our most noble and creative instincts. Offering compassion, aid, and support to those suffering, or perhaps engaging in social or political reform would be an example of a pro-active response. George Elliot asked, "What do we live for if not to make life less difficult for each other?"

Indeed, what do we live for? What are our values? The inspiration to act is directed from deep within our experiences of who we are and what we live for. We interpret events based on our values, our understanding, and philosophical perspective. Nietzsche wrote, "Those who have a why to live can bear with almost any how."

That why embodies what has value and is deeply meaningful to us and provides an internal compass to help us to navigate difficult times. Viktor Frankl (psychologist and Holocaust survivor) wrote of this importance of finding meaning in all forms of existence, even the most brutal ones, as a reason to continue living.

A necessary practice for anyone who strives to live a spiritual life is to examine one's values. What are you living for? Let's explore attitudes/values from two perspectives: the material vs. the spiritual.

Materially-based values:

- Self-centered; individual advantage; "me"
- Fear of change, control oriented
- Fear of the "other'"(us vs. them, anyone not like us)
- Extrinsic orientation—placing blame or cause outside of ourselves
- View of Lack–not enough, glass-half empty
- Power over, dominate (for personal gain)

Spiritually-based values:

- Other-centered; communal values
- Accept change
- Seek unity, connection with others (including Nature)
- Intrinsic orientation–to self-reflect and accept
- Abundance, plenty for all, glass half-full
- Power within, collaboration (communal gain)

While the material-based values may have contributed an evolutionary advantage thousands of years ago to our ancient ancestors, they certainly must be questioned as to their advantage now. Such attitudes result in divisive and destructive acts that benefit self or one's tribe to the expense of other people and the environment. Taken to its extreme, they result in oppression, destruction, war, and exploitation of 'others' (people, animals, the environment).

An obvious reality is that not all people share the same values. This is where a lot of conflict can arise. The U.S. is currently deeply divided politically, with each side entrenched, and often hating the other side. Common sense tells us that hatred is not a solution; we are simply adding fuel to the fire. A spiritual solution is to start by considering the impact of our stance (whichever "side" we are on) upon the well-being and outcome of our world and ourselves. A helpful and healing practice is one of non-judgement. Mother Teresa said, "If you judge people, you have no time to love them." If we cannot love or at least respect all people, we have little chance of healing the rifts and moving forward.

Non-judgment is the first step, and the next step is recognizing our role in the conflict. How are we contributing? A Hawaiian spiritual practice of reconciliation and forgiveness, H'opnopono, suggests that we are responsible, on some level, for all that is. For example, how are we complicit in our acceptance of current government policies and social norms in allowing poverty to exist? Acknowledgement of this is critical. This owning of responsibility helps us move from passivity to action and our acting in ways that can reduce or change the problem. I encourage you to explore this practice further to see if you might find power and healing there for you.

As Einstein stated, "We can't solve problems using the same consciousness that created them." How would our world benefit from actions coming from spiritually-based values?

A powerful approach we can embrace to inform our response to crises, as well as guide our everyday life, is through spiritual practices and beliefs. Devoting ourselves to a spiritual practice provides the ultimate home from which we grow up, learn, and manifest our highest self.

One spiritual path that lends itself perfectly to the values we are discussing here is Shamanism, an ancient, yet contemporary spiritual practice focused on restoring balance and providing healing to self and others. In this practice, all beings have a spirit, and all life is respected. The core beliefs and the many practices of the shamanic path have tremendous power to increase one's well-being, health, attitude, success, and joy. They can also lead to cohesive and harmonious relations with all that is.
The ultimate search for meaning in life entails this question: What do you live for? If we are full of peace and respect for those around us, our actions will be reflected in a world that mirrors that back to us. Answer this question, live accordingly, and you will find yourself helping to create the changes you are seeking!

Suggested Spiritual Practices for Power and Well-Being.

- Contemplate what your values are. Write them down; refer to them often in your thoughts.
- Refrain from judgement.
- Be aware of your words. You create energy when you speak.
- Develop a routine spiritual practice (meditation, shamanism, prayer).
- Engage in self-reflection. What are your experiences and emotions telling you? Are you acting in accordance with your beliefs? Reflect on your actions and their impact on seld, others, and the environment.
- Actively engage with understanding and living your values. Being kind to all living beings, being positive, practicing loving kindness.
- Limit your intake of media, particularly those things that stir you up and put you off balance with your values.
- Spend time in nature. Enjoy and notice the beauty. Listen to the timeless lessons whispered by wind through the pines!
- Be grateful. Thank others and tell them they matter to you. Keep a gratitude journal.
- Choose the high road to health and well -being.
- Be part of the solution!

Read an interview with Kate Durda on crazywisdomjournal.com.

Crazy Wisdom Book Pick of the Week

Jewish Holiday Baking
by Uri Scheft

In *Jewish Holiday Baking*, adapted from his Breaking Breads, Uri Scheft shares key classic holiday baking recipes like challah and babka—and provides his creative twists on them as well, showing how bakers can do the same easily at home.

But the book is not limited to breads alone. Holiday sweets, whether chocolate-filled babka, poppyseed hamantaschen, or fruit-filled sufganiyot, are recipes of dessert-lovers' dreams. And with the addition of traditional Middle Eastern breads like kubaneh and jachnun, this collection of holiday recipes from master baker Scheft becomes an indispensable resource.

The instructions are detailed and the photos explanatory so that anyone can make Scheft's Chocolate and Orange Confit Challah, Za'atar Twists, and Jerusalem Bagels for their next Seder or Apple Hamantaschen for Purim.

Purchase your copy of *Jewish Holiday Baking* at shopcrazywisdom.com.

PEOPLE'S FOOD CO-OP
NATURAL FOODS MARKET & DELI
Stop in or use Contactless Curbside Pickup!
Place your order on-line at www.peoplesfood.coop
$5 OFF
WITH YOUR NEXT PURCHASE OF $25 OR MORE
COUPON IS GOOD FOR IN-STORE VISIT ONLY
Must present coupon at the time of purchase. No other discounts apply. Gift cards, case purchases, Co-op cash card, beer or wine cannot be used with purchase. Limit one offer per customer, one coupon per transaction.
OFFER EXPIRES 12/31/2020 Cashiers write transaction total: _____
COVID-19 Grocery Shopping Tips:
Shop alone, if possible
Wear a mask when you shop
Use sanitizing wipes to wipe down carts
Maintain social distance 6 ft apart
Use hand sanitizer to disinfect your hands before and after shopping

The winter issue of *The Crazy Wisdom Community Journal* is coming! With articles on local happenings, artists, and holistic practitioners. You don't want to miss it!

Crystal of the Week

Sweet Selenite

By Tatiana Scavnicky

Selenite is named after the Greek Goddess of the moon, Selene. This delicate, soft, and serene crystal is one of "the" crystals to have around you to create peace, serenity, and calm. Some crystals can disturb your sleep, but you can put this gem on your bedside table. Because Selenite is restful and soothing, it can be used for helping with insomnia. Try it out and see. Use it for clearing your mind and emotions, and to release stress. It does wonders for relaxation and meditation.

Selenite is a form of gypsum, which means "liquid light." It can be white, or peachy-brown rose ("Desert Rose Selenite"), or orange and blue-gray. It is perfect for a baby's room or anywhere in the house you'd like to bring tranquility and stillness. I like the white and softer muted colors for nurseries and kid's rooms. Feng Shui, "the ancient art of placement," calls for using it in living rooms, bedrooms, and the spiritual center of the house — the front left corner of your home. The one pictured above comes from my favorite crystal shop, Kona Rock & Mineral, on the Big Island in Hawaii, where I used to live. I gave intuitive readings there and often recommended selenite to help with meditation and for clearing energy. I leave a sweet selenite wand on my oracle card decks to keep them clean and clear in between readings. It is perfect for a baby's room or anywhere in the house you'd like to bring tranquility and stillness.

Read more about Selenite and clearing your crystals on our blog.

The Crazy Wisdom weekly Calendar

Energy Work

Light Worker Activation - Ongoing Wednesdays - with SANDYA - Sandra Shears • December 9 • 7 a.m. • As a Light Worker or World Server you have incarnated at this time in order to facilitate the transition into the next Age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. In person or online. For more information email sandya2033@yahoo.com.

Light Worker Development - 3rd Friday every month with SANDYA - Sandra Shears • December 9 • 7 p.m. • Group light work with current spiritual, astrological and energy events - includes energy adjustments, energy activation, and sound attunement. $100 per month on-going commitment; includes personal setup. For more information email sandya2033@yahoo.com.

Festivals and Events

Art Sale at the Valley • December 4- 6th .•
7650 Scio Church Rd. Ann Arbor. With seven local artists. A socially-distanced art event. For more information visit the Art Sale at the Valley website. Please check our website for changes due to covid before coming out to shop.

Kabbalah

Brand New Beginning Kabbalah: Kabbalah Miracles • December 6 • 10 a.m. or 7 p.m. This life-changing journey is an ordered, systematic approach to develop and balance all the important areas of life. Rather than utilizing so much energy RESISTING (for example, exercise, meditation, eating and/or drinking healthily), we utilize that liberated energy for CREATING, which puts us on a similar vibration as our Creator. We become empowered to join with G-D and become co-creative, proactive manifestors of our dreams, desires, and goals, open to MIRACLES, and fulfilling our destinies.For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Kabbalah for Couples • December 6 • 3 p.m. This is not couples therapy. This is for basically good relationships that both parties are willing to work on, to make their relationship even better, physically, emotionally, mentally, financially, spiritually, and energetically. This two-hour session (rather than one hour), one time per month, for about a year, can help you get your relationship to the place that you always wanted it to be but did not know how. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade & up) • December 13 • 1 p.m.
Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (rather than reinforcing feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves and genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the prophecy of "1000 Years of Peace."For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Online Workshops

Weekly Zohar (The Book of Radiance) Study • December 6 and 13 • 8 p.m. • Explore the hidden and mystical meanings concealed in the Old Testament (Torah); deepen your spiritual knowledge, awareness, consciousness, and connection. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

MONTHLY Midrash Study • December 4 • 6 p.m. • The written version of the Old Testament (Torah) tells a story. What has been passed down orally for thousands of years is the backstory and various mystical, hidden meanings. It is rich, colorful, detailed, and compiles interesting data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

D.O.V.E. Divine Original Vibration Embodiment System Training (Karen Greenberg's Clair-Ascension Kabbalistic Balance) • December 4 and 11 • 10 a.m. • After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.

Calendar Editor Wanted

The Crazy Wisdom Community Journal is looking for a detail-oriented calendar editor, a person who is interested in the holistic and conscious living subjects covered in our publication.

The Journal is published three times a year, and it includes a community calendar for our readership – somewhere between 300 and 550 listings per issue. We are looking for someone who has an interest in local events, knows how to use Google sheets and forms, is familiar with Word, and is a good proofreader. You must own your own computer as this is a work-from-home position, and you must be local to the Ann Arbor area.

If you are a team player and are interested in this position, please email a letter of interest and a resume with relevant work experience to Jennifer@crazywisdom.net.

(This job pays reasonably well, but it is a very part-time position.)

Art by Amelia Hatcher-Kay. Visit her online at hatcheryarts.com.

Photo by Anke Hesenamun on Unsplash.